



FEBRUARY 2020

WORKSITE WELLNESS NEWS!

City of Bryan Employee Health Newsletter



BACON LOVERS WELCOME!

*Naturally Slim Application Period Closes
Today, January 31!*

The City of Bryan is happy to offer the Naturally Slim Program once again beginning in February 2020. Ever wonder how some people can eat all their favorite foods and not gain weight? Naturally Slim is an online program that will teach you how. And here's a hint: it doesn't include starving, counting calories or spending hours prepping "approved" foods. The City of Bryan is offering employees and spouses enrolled in the City's health plan the chance to learn how to eat the foods you love while reducing your risk of developing serious conditions like diabetes or heart disease. Naturally Slim is available at NO COST to you and is accessible via computer and mobile device so you can participate whenever it's convenient, wherever you are.

To view the program FAQ's, click [here](#).

To access the program application, visit:
www.naturallyslim.com/Bryan

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**PUMP UP YOUR
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**HEART AWARENESS
ACTIVITIES PLANNED**

**UPCOMING CPR &
DDC CLASSES**

Employee Lunchtime Yoga Classes

Join us for a basic yoga class to strengthen and relax during your lunch break!

12:10-12:50 PM

MOB Basement Training Room

Classes will be held on the following dates:

February 6, 13, 20, 27

Cost: FREE

Taught by: OM Grown Yoga

Equipment needed: Yoga mat or towel

Click **here** to register.



CHICKEN "ZOODLE" LO MEIN

This restaurant favorite and heart healthy dish can be mastered at home—with even more flavor, less sodium and a lot less calories with zucchini subbing for regular noodles.



Ingredients

- 4 medium zucchini
- 1 1/2 lb skinless, boneless, thinly sliced chicken breast (cut into 1-inch strips)
- 2 teaspoons garlic powder (divided)
- 2 teaspoons ground ginger
- 1/4 teaspoon ground black pepper (divided)
- 1/8 teaspoon salt (divided)
- 3 teaspoons canola oil (divided)
- 1 (14.4-ounce) bag frozen broccoli stir-fry vegetables, thawed
- 2 tbsp low-sodium soy sauce
- 1/2 cup low-sodium chicken broth
- 1 tbsp cornstarch
- 1/4 teaspoons red hot chili flakes (optional)
- 1/2 cup chopped green onion
- 2 cups fresh bean sprouts
- 1 1/2 teaspoons sesame seeds

Directions:

- Place the shredder blade onto the spiralizer to cut zucchini into spaghetti-like threads. Spiralize each zucchini, and cut threads into 6- or 8-inch pieces so they are easier to eat. Add all the zucchini into a large bowl and reserve.
- Place the chicken breast lengthwise onto a cutting board and cut 1-inch strips of chicken. Add to a bowl and continue slicing remaining chicken. Season with 1 teaspoon garlic powder, 1 teaspoon ginger, 1/8 teaspoon black pepper, and 1/8 teaspoon salt.
- Warm a large nonstick pan with 1 teaspoon oil over high heat. Add chicken; stirring frequently, saute until chicken is fully-cooked, about 5 to 7 minutes depending on thickness. Remove from heat, transfer chicken to a plate, and cover with foil to keep warm.
- Again warm 1 teaspoon oil in the large nonstick pan over high heat. Add thawed stir-fry vegetables, stirring constantly and cooking until vegetables are cooked and all water has evaporated, around 6 to 8 minutes. Remove from heat and transfer to a bowl to reserve.
- Make the sauce: In a small bowl, add soy sauce, chicken broth, cornstarch, 1 teaspoon garlic powder, 1 teaspoon ginger, 1/8 teaspoon black pepper, 1/8 teaspoon salt and chili flakes. Stir together with a fork until cornstarch is dissolved. Also, chop the green onions.
- Warm 1 teaspoon oil in the large nonstick pan over high heat. Add half the zucchini, using tongs to stir constantly, until zucchini is somewhat wilted, about 1 to 2 minutes. Stir in remaining zucchini along with the sauce, again using tongs to cook the zucchini and let it absorb the sauce. Cook until tender, about 2 more minutes.
- Quickly stir in reserved chicken and vegetables. Cook another minute. Remove from heat and add bean sprouts, green onions and sesame seeds. Serve.

Source: American Heart Association

PUMP UP YOUR KNOWLEDGE

Seven surprising facts about high blood pressure

High blood pressure is known as a "silent killer." It can sneak up on you for years without you even knowing. That's dangerous for your health because having high blood pressure raises your risk of heart disease and stroke. Here are seven facts to know about high blood pressure:

1. High blood pressure can affect young people.

Children and adolescents can have elevated blood pressure, and the risks carry over into adulthood. For people in their 20s, 30s or 40s, the risk of suffering a stroke is significantly higher for those with high blood pressure.

2. High blood pressure runs in the family. Having a parent, sibling or child with high blood pressure increases your risk.

3. Race plays a part in your risk level, too. African-Americans who develop high blood pressure often get it at an earlier age than others.

4. The risks go up during pregnancy. If you are expecting a baby, your blood pressure will be closely monitored during pregnancy.

5. High blood pressure damages your body. The extra pressure can damage your arteries and heart, limiting blood flow throughout your body. High blood pressure can also take a toll on your kidneys and damage the tiny blood vessels that supply blood to your eyes.

6. High blood pressure can affect your sex life. Blood vessel damage can reduce blood flow and cause problems with sexual function for men and women.

7. High blood pressure may be linked to dementia. Blood flow to the brain is important for brain health. When blood vessels are damaged, narrowed or blocked, this may increase the risk of dementia.

Source: Cigna, VitaMin, This general health information and not medical advice or services.

Join us for Heart Health Awareness Events

National Wear Red Day is Friday, February 7th. Show your support by wearing red!

Onsite Blood Pressure Checks

Friday, February 7, 2020

7-8:30am @ the MSC

9-10am @ the MOB

Register to win a blood pressure machine!



Thursday, February 13, 2020

9:30-10:30am in Council Chambers

Speaker: Dr. Steven Martin, TAMU FitLife

A light breakfast will be provided for registered attendees. Click [here](#) to register.



Upcoming CPR, First Aid & Defensive Driving Classes

CPR & First Aid-Full Class

February 12th

8 am-3 pm at the MSC

CPR & First Aid-Renewal

February 12th

3 pm- 5 pm at the MSC

Defensive Driving

March 19th & 20th

8 am- 11:30 am at the MSC

Click [here](#) to register for a class.



Open Monday-Thursday 7:30 am-5:30 pm (closed Noon-1 pm)

Friday 7:30 am-3:00pm (open Noon-1pm)

Saturday 8 am-Noon (minor acute illnesses only-call for appt.)

Limited walk-ins accepted from 7:30-8:30 am during the week
(acute illnesses only)

Call 979-821-7690 for an appointment!

Questions or concerns?

Email CityofBryanHealthest-joseph.org

If you have wellness related news to share with other City of Bryan employees and would like to have it spotlighted in our next newsletter, please feel free to submit it to:

Lesley Ward

Wellness Coordinator

979-209-5050

lward@bryantx.gov

<https://wellness.bryantx.gov/>